

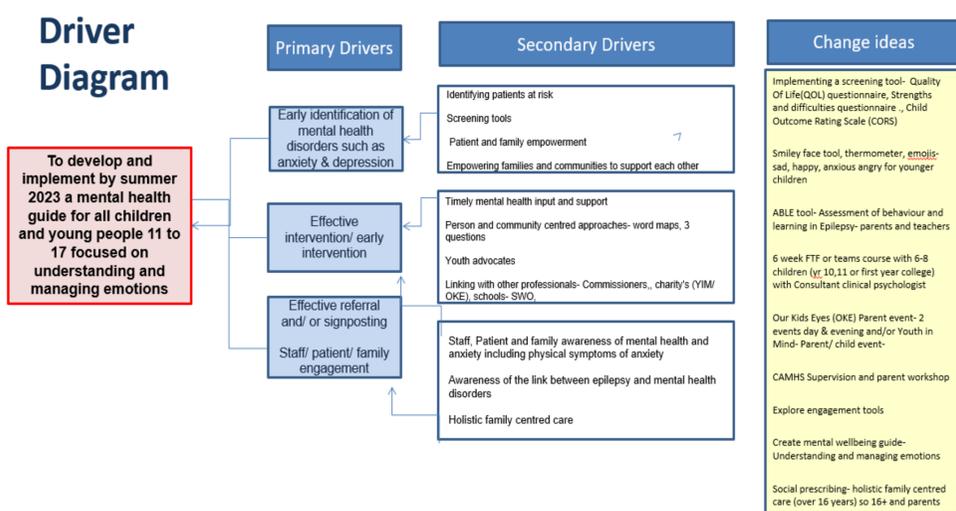
Tameside & Glossop Paediatric Epilepsy Service
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Lianne Fielding & Claire Palmer (ESNs)

Aim/purpose: To develop and implement by Summer 2023 a mental health guide for all children and young people 11 to 17 focused on understanding and managing emotions

What is the problem: Many of our children are struggling with MH & wellbeing and not getting the appropriate help they require in a timely manner.

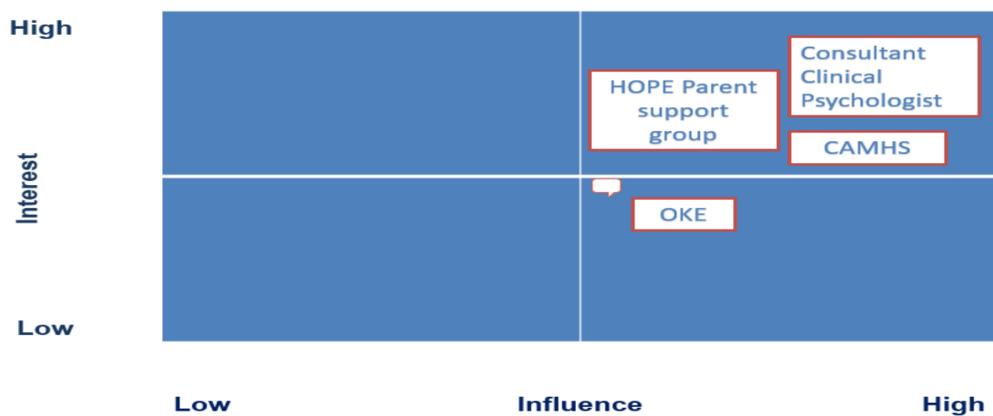
We often are not aware until they are really struggling and their school attendance and QOL is significantly affected. Long wait times for CAMHS

Driver Diagram



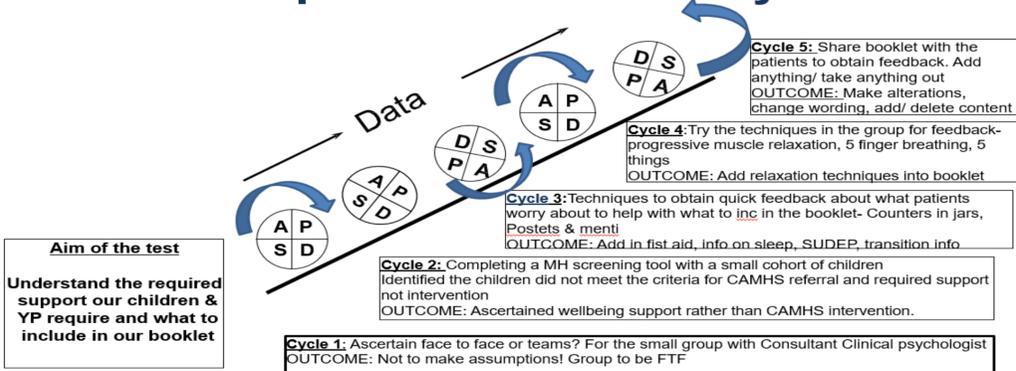
Process map

Stakeholder Map



PDSA cycles

Examples of our PDSA cycles



What our tests revealed

- Face to face more popular than virtual
- YP had a lot of worries unrelated to epilepsy
 - YP needed help with understanding/managing emotions
- Parents needed help and support
- YP wanted to meet other YP with epilepsy

Data/Results/Patient engagement feedback



Team personal learning/Team highlights

- To not make assumptions
- Different ways of engaging with our children & YP for quick feedback
- The significant link with epilepsy and low mood/ anxiety
 - CAMHS referral not always necessary
 - How vital monthly team meetings are!

Successes

- Great opportunity
- Developing the booklet
 - Working with CAMHS and charities
 - Learning about patient engagement and quick feedback

Challenges

- Nursing & doctors strikes
 - covering colleagues sickness
- Timing! EQIP same time as NMP course
 - Monthly epilepsy meetings on hold

Next steps

- Booklet to be printed and handed out
 - Parent/ carer group with CAMHS
- Transition nurse to focus on some of the areas raised
- Look at developing a booklet for primary school aged children